

CLAIMS:

What I claim is:

1. A method for proposing nutritional supplementation for a person comprising the steps of:
 - (a) receiving health and nutritional status information relating to a person;
 - (b) providing information relating to a plurality of available nutritional supplements, the information comprising contents and cost;
 - (c) determining economic limitations for the nutritional supplementation of the person;
 - (d) optimizing a proposed nutritional supplementation for the person based on the health and nutritional status information, economic limitations and nutritional supplement information to improve a predicted health status of the person by nutritional supplementation with a plurality of nutritional supplements; and
 - (e) outputting the proposed nutritional supplementation including amounts of the plurality of nutritional supplements.
2. The method according to claim 1, further comprising the steps of determining a risk tolerance of the person and further optimizing the proposed nutritional supplementation to achieve a maximum benefit within the determined risk tolerance.
3. The method according to claim 1, further comprising the step of analyzing a proposed nutritional supplementation for health safety.

4. The method according to claim 1, further comprising the steps of receiving feedback from the person relating to the proposed nutritional supplementation and reoptimizing to generate a revised proposed nutritional supplementation.

5. The method according to claim 1, wherein the economic limitations comprise a budget.

6. The method according to claim 1, wherein the information relating to a plurality of available nutritional supplements comprises records of a stored database.

7. The method according to claim 6, wherein the database is remote from the user.

8. The method according to claim 1, further comprising the step of providing a plurality of potential optimization procedures and selecting at least one of the optimization procedures for optimizing a proposed nutritional supplementation for the person.

9. A method for proposing nutritional supplementation for a person comprising the steps of:

- (a) receiving health and nutritional status information relating to a person;
- (b) providing information relating to a plurality of available nutritional supplements;

(c) optimizing a proposed nutritional supplementation for the person based on the health and nutritional status information and nutritional supplement information to improve a predicted health status of the person by nutritional supplementation with a plurality of nutritional supplements;

(d) outputting the proposed nutritional supplementation including amounts of the plurality of nutritional supplements as a proposal; and

(e) receiving an approval from the person for the proposed nutritional supplementation.

10. The method according to claim 9, further comprising the steps of receiving economic considerations from the user and optimizing the proposed nutritional supplementation further based on the economic considerations.

11. The method according to claim 10, wherein the economic considerations comprise a budget.

12. The method according to claim 9, further comprising the steps of receiving feedback from the person relating to the proposed nutritional supplementation and reoptimizing to generate a revised proposed nutritional supplementation.

13. The method according to claim 12, further comprising the step of analyzing a proposed nutritional supplementation for health safety or consistency.

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14. The method according to claim 9, wherein the information relating to a plurality of available nutritional supplements, the information comprising contents and cost are stored in a database.

15. The method according to claim 9, further comprising the step of providing a plurality of potential optimization procedures and selecting at least one of the optimization procedures for optimizing a proposed nutritional supplementation for the person.

16. The method according to claim 9, further comprising the step of, after receiving approval, providing nutritional supplements to the user corresponding to the proposed nutritional supplementation.

17. The method according to claim 16, wherein said approval comprises an electronic data transmission between a client system and a server system, said nutritional supplements being shipped to the user.

18. A computer readable medium, having a series of computer implemented instructions for controlling a computer to execute a method for proposing nutritional supplementation for a person comprising the steps of:

- (a) receiving health and nutritional status information relating a person;
- (b) providing information relating to a plurality of available nutritional supplements;

(c) optimizing a proposed nutritional supplementation for the person based on the health and nutritional status information and nutritional supplement information to improve a predicted health status of the person by nutritional supplementation with a plurality of nutritional supplements;

(d) outputting the proposed nutritional supplementation including amounts of the plurality of nutritional supplements as a proposal; and

(e) receiving an approval from the person for the proposed nutritional supplementation.

19. The method according to claim 18, further comprising the steps of generating a graphic user interface and interacting with the user through the graphic user interface.

20. The method according to claim 18, further comprising the steps of communicating between a client computer in proximity to the user and a server through a computer network.

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